

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

DEC 31 1929
U. S. Department of Agriculture

Housekeepers' Chat

Monday, December 30, 1929.

NOT FOR PUBLICATION

Subject: "Baked Ham for New Year's Dinner." Menu and three recipes from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Planning and Recording Family Expenditures."

---ooOoo---

"I wish," said my Next-Door Neighbor, "that you would suggest a New Year's dinner for me. There will be three guests, which makes a total of five, including my husband. He is particularly fond of baked ham, fixed with brown sugar and cloves. Do you think baked ham would be a good dish for New Year's day?"

"Excellent," I told my Neighbor. "Think I'll have baked ham myself, prepared with brown sugar and cloves."

"What vegetables are you serving?" asked my Neighbor.

I told her I had planned to have broccoli, for one vegetable.

"I like broccoli," said she, "but there must be something wrong with the way I prepare it. How long should it take broccoli to cook tender, and should one cook the leaves?"

"No, there's no use trying to cook the leaves. Slicing the thick center stalks into long strips makes broccoli cook more quickly. I have a new recipe, if you'd like to have it."

Before I gave my Neighbor the broccoli recipe, we planned this New Year's dinner: Baked Ham; Broccoli; Scalloped Sweet Potatoes and Pineapple; Orange and Curly Endive Salad; Mince Tarts; Coffee; and Nuts.

Now, if you'll listen carefully, I'll tell you how to prepare a baked ham with a delicious coating of brown sugar and cloves.

First, select a 10 or 12 pound ham. Wash the ham, and soak it overnight in enough water to cover. In the morning, drain the ham, wipe it dry, and place it on a rack, in an open pan, rind side up. Bake it in a slow oven, from four to five hours, or about 25 minutes to the pound. By a slow oven I mean one with a temperature of 260 degrees Fahrenheit.

If you have a ^{meat thermometer} roast, make a short gash in the rind and insert the thermometer so that the bulb reaches the thickest part of the ham. Leave the thermometer in the ham all the time it's roasting. When the thermometer registers 160 degrees, the ham will be done. The temperature at the center of the ham continues to rise for about 45 minutes after it is removed from the oven; it will eventually reach 170 to 174 degrees. After the ham has been baked at this low temperature, slip off the rind all in one piece. Then cover the ham with brown sugar mixture, and press long-stemmed, whole cloves into the surface. Return the ham to a hot oven, and brown the sugar coating.

Would you like to have directions for the sugar coating? It is made by thoroughly blending these four ingredients:

3 cups brown sugar	1/2 teaspoon mustard, and
3 cups fine, soft bread crumbs	Cider or vinegar to moisten.

Perhaps I'd better repeat the four ingredients: 3 cups brown sugar; 3 cups fine, soft bread crumbs; 1/2 teaspoon mustard; and enough cider or vinegar to moisten.

So much for the ham.

Next, the broccoli. I wonder how many of you have ever tasted broccoli. It is a close relative of cauliflower. The flower head of broccoli is green, however, instead of white, and grows on a high branching, leafy stalk. The flower heads and the more tender parts of the stalk are the parts to eat. Broccoli has recently become very popular, and it can be purchased in the vegetable stalls of all the large city markets. If you haven't ever tried this new vegetable, I suggest that you serve it on New Year's day. That's a good time to get acquainted with new vegetables.

Here are the Recipe Lady's directions for cooking broccoli: (Read slowly.)

Trim off the leaves and tough lower portion of the stalks of broccoli. (Don't save the leaves, nor the tough portions.) Thoroughly wash the remaining center stalks, with the flower heads attached, and cut lengthwise, into strips. Drop into lightly salted boiling water, leave the kettle uncovered, and cook for 15 to 25 minutes. As soon as the broccoli is tender, and while the color is still fresh green, drain, season with salt and pepper to taste, and add melted butter, or serve with Hollandaise sauce.

Any more recipes needed, for the new Year menu? You might like to have my directions for Scalloped Sweet Potatoes and Pineapple. Only four ingredients, for this unusual dish:

3 medium-sized sweet potatoes	4 tablespoons melted butter, and
1 can crushed pineapple	1/4 teaspoon salt

Four ingredients, for Scalloped Sweet Potatoes and Pineapple: (Repeat.)

Try to select a dry, mealy variety of sweet potato. Cook the potatoes in the skins, in water to cover. When tender, scrape the potatoes, cut them in slices, or in rounds, of uniform thickness, and place them on a flat buttered baking dish. Pour the pineapple over the potato, sprinkle with salt, and add the melted butter. Bake in a medium oven, until light brown on the surface. The sirup of the pineapple should become thickened. Serve from the baking dish.

Doesn't that sound tempting? It tastes even better than it sounds.

Let's assemble our menu, for New Year's dinner: Baked Ham; Broccoli; Scalloped Sweet Potatoes and Pineapple; Orange and Curly Endive Salad; Mince Tarts; Coffee; and Nuts.

There are a number of questions this week about budgeting. There are two Government publications on this important subject.

First, there is a free bulletin, called "Planning and Recording Family Expenditures." It gives directions for ruling up a record book, and classifying expenditures. This bulletin, as I said before, is free.

Second, there is an account book already made, which costs 50 cents. If you want this loose-leaf account book, send 50 cents directly to the Superintendent of Docements, Government Printing Office, Washington, D. C.

Tomorrow: "Another New Year's Dinner Menu."

###

